

Writing Sample

Based on the brief psychosocial summary provided below develop a care plan to address the patient's case management needs.

The patient is a 57 year old, single, Hispanic male who presents with chronic health conditions and co-occurring mental health and chemical dependency disorders. He has been diagnosed with diabetes, hypertension, depression and alcohol dependence. Poor attendance at primary care and specialty appointments, poor medication adherence and continuous drinking compromise the patient's health status. He reports recurrent ED visits and hospitalizations. The patient describes poor eating habits and states that he gets little exercise. The patient is not attending scheduled behavioral health appointments and did not fill the prescriptions ordered by his psychiatrist. He admits to drinking this morning, and is currently feeling depressed and anxious. The patient needs to be reengaged in primary care, behavioral health and chemical dependency services. He is ambivalent about engaging in treatment and appears to be in the Pre- Contemplative Stage of Change with regard to his mental health and substance abuse problems.

The patient also describes conflicted relationships with family members who are frustrated with his drinking. He states that his girlfriend broke up with him a couple of months ago and threw him out of the apartment. His brother refused to take him in. He currently lives in an SRO, where most of the people in the building drink and/or drug. He spends most of his time alone, lacks social supports for recovery and refuses Self-help involvement. The patient would like the CM to help him find another place to live. The patient is unemployed, on public assistance and would also like help getting food stamps and finding a job."

Care Plan

Problem:

Goal:

Interventions to achieve goal:

Problem:

Goal:

Interventions to achieve goal:

Problem:

Goal:

Interventions to achieve goal:

Problem:

Goal:

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Problem:

Goal:

Interventions to achieve goal: